



## Foods and Nutrition Studies 11

### COURSE OUTLINE

#### Overview

Foods and Nutrition Studies 11 is an important and useful course that teaches students the basics of cooking. Students will learn about the functions of ingredients, as well as the importance of using the proper equipment in the kitchen. Students will use a variety of food-preparation techniques to develop skills to prepare nutritious, and cost-effective meals. Foods and Nutrition Studies 11 will explore different careers in the foods industry and well as different types of vegetarianism and international foods. This is a hands-on course that gives students an opportunity to prepare a wide range of recipes. This course is delivered entirely online, there are no supervised tests in this course.

Prerequisites: None

#### Course Content and Timelines

The timelines suggested are based on a 10 month Fall course September to June. If you are taking a Spring/Summer course (5 months) or joining a course with less time left you will want to adjust your timing accordingly.

**Students must complete units 1-3 in order first, once these have been completed students may complete the course in any order they choose.**

**Unit 1: Foundation for the Course (3 weeks)**

**Unit 2: Kitchen Safety and Sanitation (3 weeks)**

**Unit 3: Equipment, Measuring, and Budgeting (3 weeks)**

**Unit 4: What's in a Cookie? (5 weeks)**

**Unit 5: Leavening Agents (5 weeks)**

**Unit 6: The Balanced Vegetarian (5 weeks)**

**Unit 7: Are You Getting the Nutrients You Need? (4 weeks)**

**Unit 8: The Future of Food (4 weeks)**

**Unit 9: Careers in Foods (4 weeks)**

**Unit 10: International Foods (4 weeks)**

### **Course Materials**

No textbook is required. Course content is delivered on our Moodle platform by videos, online links and associated worksheets.

### **Assessment Information**

<b>Introduction</b>	<b>10%</b>
<b>Assignments</b>	<b>35%</b>
<b>Tests and Forums</b>	<b>15%</b>
<b>Labs</b>	<b>40%</b>

### **Assignments**

Each unit contains assignments within the lesson. All instructions for each assignment are contained within the lessons along with information on how they will be assessed. Once the assignments are complete they should be uploaded to the assignment submission box for marking.

### **Tests and Quizzes**

The quizzes in this course cover material from your readings and labs. The quizzes can be done at any time (at home or school), but MUST be done in one sitting. Make sure you know how long the test is before you take it. Anything that you don't complete in a quiz will be counted as zero when the time runs out.

### **Forum Discussions**

Your contributions to the online forums should demonstrate a clear understanding of the topic, thoughtful reflections, and consideration of others' points of view.

### **Labs**

Labs are based on planning, organization, food preparation techniques, product, self-evaluation, and cleanup.

### **Reporting**

#### **Weekly Progress Reports**

These be sent to both students and parents through the Moodle website. These reports are sent via email and are based on information provided on course introduction forms

filled out. Please make sure you Moodle profile is up to date with this information to ensure these are received. If you need assistance with this, please contact your teacher to help you make sure are getting these reports.

### Report Cards

These will be issued for the Fall term in November, March and June. For Spring/Summer only a final reports card issued in August will be done. These reports are available for Delta School District students on student and parent connect. For those not attending one of our high schools please call our Continuing Education office 604-940-5550 to have a copy sent.

Only students who have done enough work to meet the activity requirement for the course will get report cards by the term deadlines outlined by their teachers. Even if you are getting progress reports you are not considered an active (official student) until this is met. For this course (insert your requirement here) must be submitted and assessed for the activity requirement to be met.

Course reports are based on only what has been submitted for the Fall until April 1<sup>st</sup> and for the Spring/Summer until July 15<sup>th</sup>. At this time all missing assignments will count in grade calculations giving students a realistic picture of current course standings. It is important when viewing report cards and progress reports up until this point that the amount of the course completed is taking into consideration. (ie. 90% standing in a course that is only 10% complete is very different than 90% in a course that is 80% complete)

### Plagiarism

#### **Plagiarism and Academic Dishonesty**

*Plagiarism is the unauthorized use or close imitation of the language and thoughts of another author and the representation of them as one's own original work, as by not crediting the author* (Dictionary.com) <http://dictionary.reference.com/browse/plagiarism>

Plagiarism can be done either intentionally or accidentally. Regardless, it is an academic offence that carries with it varying levels of consequences – from a mark of zero for work submitted to expulsion from the course and/or on-line program. Plagiarism takes various forms: copying another's work, not citing another's original work, cutting and pasting from the internet and claiming the work as your own, allowing other students to copy and submit your work as their own, and so on. It is YOUR RESPONSIBILITY to be aware of the rules around using and citing other people's work.

An excellent website that answers questions about plagiarism can be found at:

<http://www.plagiarism.org/>

<http://www.grammarly.com/>

<http://www.englishclub.com/writing/plagiarism.htm>

<http://australianhelp.com/plagiarism>

If you are uncertain as to whether you may be plagiarizing someone's work, check with your teacher or consult the many websites that outline the rules.

If a student is found to have submitted plagiarized work, the Delta Access teacher will notify both the student and Delta Access administration to document the violation and to determine further consequences. Repeated occurrences of plagiarism will likely result in a final mark of "Failure" in the specific on-line course.

### **Contacting your Teacher**

You can email me anytime at [swithenshaw@deltaschools.ca](mailto:swithenshaw@deltaschools.ca)